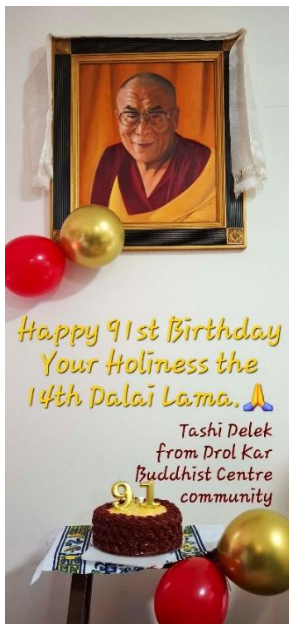


DROL KAR BUDDHIST CENTRE

NEWSLETTER ~ AUGUST 2026

July sunset - Flaxbournes Rd, Paraparap



HAPPY BIRTHDAY DALAI LAMA

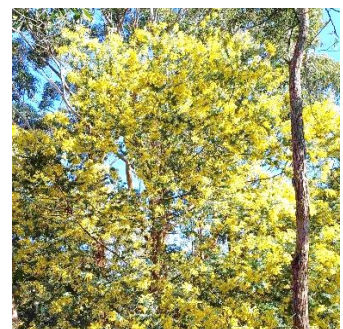
The celebration of HH Dalai Lama birthday after Sun 5/07 teaching was quite a jubilant affair. Catering manager Wendy Walker made it a more special occasion with festive decorations and signage. The birthday cakes donated by Wendy and Margot were spectacular. Thirty or so people present gave an enthusiastic rendition of the birthday song in front of His Holiness's photo.

The following week, Venerable Jampa sent a birthday greeting [left] to the Office of HH Dalai Lama in Dharamsala and received this reply from one of the secretaries at the OHHDL.

"I have brought your 91st Birthday greetings to the attention of His Holiness and he will remember you all in his prayers."

Jonquils and Wattles

making a great show at Paraparap



AUGUST in brief

August 2

Buddhist Philosophy teaching
First Sunday of the month

August 9, 16, 23, 30

Buddhist Philosophy teaching
Venerable Jampa Drolma

August 7, 14, 21, 28

Meditation class
Finding the Stillness Within

August 29

Garden Working bee

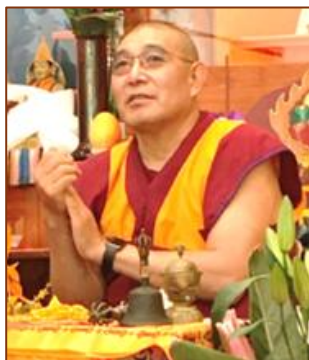
The joys and sorrows of beings all come from their actions, said the Buddha

AUGUST PROGRAM

BUDDHIST PHILOSOPHY AND MEDITATION ~ First Sunday of the Month

SUNDAY 2 AUGUST ~ 10:30 am – 12.00 pm

Geshe Sonam Thargye



Buddhist philosophies, though varied, share a core goal of reducing harmful mental states that lead to suffering. Suffering stems from the mind, mainly through emotions like attachment or anger, which arise from self-centeredness.

Geshe Sonam Thargye offers practical Buddhist Philosophy insights on managing destructive emotions and thoughts in daily life. Known for his expertise in logical analysis and critical thinking, he emphasizes that openness to different viewpoints is essential to understanding the possibility of liberation.

First Sunday of the Month teachings start at 10:30am, duration ninety minutes, and feature motivation prayers, meditation, teachings, and Q&A or debate in a welcoming setting. The class is open to all levels, from beginners to experienced practitioners. Following the class, a two-course vegetarian lunch is available for \$15 per person.

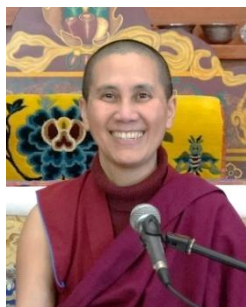
BUDDHIST PHILOSOPHY ~ DHARMA PRACTICE IN OUR DAILY LIFE

SUNDAY 9, 16, 23, 30 ~ 10.30am – 12.00pm

Venerable Jampa Drolma

According to Buddhist teachings, the mind precedes all actions. That is, thoughts guide intentions, which are manifested through actions and subsequently result in outcomes. For instance, fostering positive mental qualities such as mindfulness, wisdom, compassion, and ethical conduct promotes the development of an empowered mindset.

If you focus on anger, fear, or doubt, you'll notice negativity everywhere. Drol Kar's Sunday classes with Ven. Jampa cover core Buddhist philosophy and show how Dharma practice can foster peace, clarity, and happiness.



STUDY GROUP- STAGES OF THE PATH

Monday Evening 7:30-8.30 pm

Venerable Jampa continues her detailed commentary on the classic Buddhist text, *Liberation in the Palm of Your Hand* (1921). This influential work was written by the Tibetan Lama, Pabongka Rinpoche.

The text offers an organised, step-by-step breakdown of the entire Buddhist philosophy path. Through these stages, students can systematically explore and understand the principles and teachings central to Buddhist philosophy.

MEDITATION ~ FINDING THE STILLNESS WITHIN'

Friday Morning 11:00am-12.00pm

Dr. Darren Fahroedin and senior DKBC students



Meditation, from a Buddhist perspective, is a spiritual practice for gaining control over thoughts and emotions. Buddhism teaches that our minds are often unruly, making it difficult to manage negativity. Meditation helps calm the mind and fosters greater happiness.

This class welcomes all meditators, regardless of experience or background. Sessions include brief discussions on Buddhist philosophy and science of the mind in a relaxed setting with Q&A.

A facility fee of \$10 applies for all classes; Drol Kar members attend at no charge.

The joys and sorrows of beings all come from their actions, said the Buddha

Winter Retreat

The Winter Retreat – The Practice of Bodhicitta - attracted 15 people on the weekend of July 18/19. The group was treated to teachings from both Geshe Sonam Thargye and Venerable Jampa as well as several sessions of meditation practice. Congratulations to the attendees for their commitment over the weekend.

Many thanks to Wendy Walker for her superb job organising the catering for the attendees and managing the kitchen/dining space. The egg sandwiches at break time – very special!

Thanks also to Sonai Ivetac and Jonathan Chapman for offering one of the retreat meals and attendee Luke Harris for taking photos, Newcomers Rachel and Caitlyn have offered some comments below on their first experience at Drol Kar.



Geshe Sonam Thargye



Venerable Jampa Drolma



Meditating King parrot



Comments from retreat attendee Caitlyn

The Winter Retreat at Drol Kar this weekend was a wonderful way to experience Buddhism as someone with little experience and exposure to the Buddhist way of life.

A very welcoming and gentle environment paired with an excellent community that fosters and builds upon peace, love and support.

Will definitely be returning as a regular!

Comment from attendee Rachel

Thank you, Drol Kar, for a lovely two days. It was a very special thing to spend time together under clear winter skies, reflecting on Bodhicitta and practising alongside others with a shared aspiration.

The teachings and discussions were thoughtfully held by the wise, humble and knowledgeable Geshe Sonam and Venerable Jampa Drolma which created a tender space for reflection.

I'm grateful that places like Drol Kar exist, where we can gather to engage with these ancient teachings in such a serene setting. I especially appreciated the time to walk through the gardens between sessions, giving the teachings a chance to settle before returning to the next discussion.

Thank you to everyone who made the weekend possible.

The joys and sorrows of beings all come from their actions, said the Buddha



Stupa cleaning

The stupa has had a thorough clean up with a pressure hose courtesy of Geshe Tsoda, Geshe Phuntsok and Trevor Deutrom.

The stupa was built in 2006, shortly after DKBC moved to Paraparap. It has been cleaned a few times but really needs a repaint this year.

So, come the warmer weather we will be looking for a painting crew – either spray painted or brush painted. If that's a job you'd like to help with, expressions of interest are now open for volunteers.



Ducks

Maybe you were wondering about the two raised platforms in the middle of the dam?

The ducks have figured it out.

Garden Working Bee SATURDAY 29 AUGUST 10.00am – 12.00 Main activity – Weeding. Lunch provided afterwards

GARDEN TIPS for AUGUST ~ Kate Kirkhope

Plant

Seed Potatoes August to September, beetroot, lettuce, kale, spinach, radishes, carrots, silver beet, peas and celery

Perennials e.g. Shasta Daisy, Asters and Delphiniums

Cosmos, French Marigold (*Tagetes patula*), Nasturtium as companion plants

Hints

Cut back Salvias after flowering

Prune Gardenias, Fuchsias, Hibiscus

Fertilise fruit trees

Aerate lawns with a fork and fertilise

Cut back old growth above shoots at base of perennials ready for Spring

Flatmate for T. Guthrie

Opportunity available to live with us here at Drol Kar.

New resident, T, who lives on the three-bedroom top floor of the monks' house at Paraparap, is looking for a housemate.

Available is a bedroom with a lovely view of the Drol Kar grounds and



beautiful afternoon light, large enough for a queen bed. The shared spaces include an upstairs living area (pictured below), with room for a desk if you prefer to study or work outside your bedroom, plus a modern bathroom and separate WC. Kitchen/ dining facilities are shared with Geshe Phuntsok and Tsoda downstairs.



Corn Flake Cookies

Prep Time: 15min.

Cook Time: 20min.

Servings: 16 cookies

Equipment: handheld electric or stand mixer

Ingredients

- 125 grams butter (chopped into blocks)
- ½ cup caster sugar (110 grams)
- 1 egg (70 grams)
- 2 cups cornflakes (80 grams)
- 1 ½ cup extra cornflakes (for rolling)
- 1 cup SR flour (160 grams)
[or 1 cup plain + 2 tps baking powder]
- ⅓ cup sultanas or choc chips
- pinch cinnamon

Instructions

Pre-heat oven to moderate (170 degrees C, fan-forced).

- Line three baking trays with baking paper.
- Beat the butter and sugar until smooth and creamy.
- Add egg and mix and beat again until combined.
- Using a wooden spoon or similar, fold in flour and cinnamon (sifted together), followed by the choc chips (or sultanas) and then the first measure of cornflakes.
- Place the second measure of cornflakes in a baking dish and crush a little, ready to roll your cookies.
- Roll tablespoons of the mixture into balls. Roll each ball in the crushed cornflakes to coat the outside.
- Place balls onto the baking trays, leaving enough room for cookies to spread.
- Bake for 20-25 minutes or until a golden-brown colour.
- Allow to cool on trays for 5 minutes before transferring to a wire rack to cool completely

About T:

T (they/them) is 32 years old, grew up in Torquay and worked in tech in Melbourne before moving back to Paraparap to focus on their Buddhist studies. T loves making vegan momos and learning about Tibetan culture and language.

About you:

T would love to live with someone who has their own practice, or is keen to develop one, and an interest in Buddhism. It's a unique opportunity to live with the monks and so we're looking for someone who would be excited about that, keen to respect their schedule and help maintain a clean space.

Anyone interested, please get in touch with T at tguthrie.projects@gmail.com and let them know a bit about yourself. Please include your name, age, gender and some info about your work & interests.